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Shoes, strikes and strikers

Metro has the lowdown on footwear and a subway strike that could threaten the World Cup [PAGE 17](#)

SORRY LADIES, BUT YOU MISSED YOUR CHANCE

GEORGE CLOONEY AND HIS FIANCÉE REPORTEDLY ARE GETTING HitchED IN VENICE, ITALY [PAGE 22](#)



PINT-SIZED PELÉS

More than 700 German bilingual students strapped on their soccer cleats Monday for a mini World Cup tournament at Rio Terrance pitch. Split up into 32 different teams, the students from Forest Heights School, Rideau Park School and Rio Terrace School played a total of 78 games to determine the winner.

LEAH GERMAIN/METRO

Auditor: City needs to be a better listener

Public dialogue. New report says Edmonton has problems engaging with its citizens

 RYAN TUMILTY
ryan.tumilty@metronews.ca

The city's auditor has sent a clear message to city council that Edmonton isn't doing a good enough job listening to its citizens.

In a report presented to councillors Monday, the auditor determined that when it comes to public engagement, the city is just not on the same page as residents.

"We found misalignment between the expectations of the public involvement process as expressed by city coun-

cil, those shared by members of the public, and those documented in the policy," read the report.

The auditor identified the problems after interviewing councillors, city staff and residents. They also observed city public consultation efforts on bike lanes, surplus school sites and zoning applications.

Elaine Solez, with the Edmonton Federation of Community Leagues, told council the league has trouble keeping up development applications, where it often has only three weeks to respond.

"That's a very short timeline so I think that's something that needs to be looked at," she said.

Solez said she has also seen community groups express frustration about the delay, as well as the scope of consultation on major projects.

"What is being consulted on is fairly narrow," she said.

Coun. Mike Nickel said the report solidified concerns he has had for a long time.

"I think this is just confirming our problems. We have failures at the street level and up the chain," he said. "I do really think the system is broken in some key pieces."

Mayor Don Iveson agreed that Edmonton has a problem with public consultation, but said the city is not alone.

"Every order of government and every city is struggling with this. The expectations of citizens is increasing in this area," he said, adding the problem has been clear since before the election, which is why the new council made it a priority.

"Things are changing already, but we know we have a lot more work to do," Iveson said.

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\$4 increase

EPSB to vote on bus fee hike

Edmonton parents could see a jump in public school fees thanks to an operational deficit and decrease in provincial funding for the upcoming school year.

The city's public school board will review the changes, which would boost the passes from \$3 to \$7, at a meeting Tuesday.

The last time transportation fees were increased was in 2010, said EPSB managing director, Lorne Parker.

"Our costs have been going up every year, but during that period we didn't raise the fees," he said. "We've been able to find other efficiencies in the organization."

Funded through school fees and a provincial grant, the transportation costs were impacted after the Alberta government made changes to its grant calculation process, reducing EPSB funding by \$1.2 million, despite an anticipated enrollment increase.

The transportation fees were also impacted by recent changes to the district's boundaries for schools with capacity concerns.

"When we shifted the routes from the existing schools to the other schools, the cost increased significantly," Parker said.

Transportation manager Chris Wright said the district estimates the changes cost around \$750,000.

"Anytime you have an increase, we're empathetic because we know everything else is increasing, but same as any other aspect of society, our costs are going up," Parker added. LEAH GERMAIN/METRO

Group raises awareness of lost pups

After losing two of their own pets, one Edmonton family is hoping to return missing animals to their owners faster by bringing awareness with a few simple steps.

The Baird family last saw their yellow lab Buddy and English bulldog puppy Maddy December 2012 and have been on the hunt for the pair ever since.

"It's really sad for our family, but also really empowering to

see other dogs find their way home," said Marley Groeneweld, the spokesperson for Missing Mutts Awareness Day.

Groeneweld said the entire experience revealed a lack of citizen awareness for reporting missing dogs.

In order to break the cycle, the family has launched Missing Mutts Awareness Day. Planned for June 14, Groeneweld said the event works to

bring attention to lost pets and the people who can help find them. The Missing Mutts group wants people to think MISSING when reporting lost animals: make visual contact, initiate the call to 311, stay calm, search media sources, identify any markings, navigate the way to pet links and go to an emergency vet clinic to have the pet scanned for a microchip. LEAH GERMAIN/METRO



Golden lab Buddy, left, and English bulldog Maddy went missing on Dec. 29, 2012. METRO FILE PHOTO

Auditor urges study of social media use

Oversight needed.
More training, better measuring among recommendations



RYAN TUMILTY
ryan.tumilty@metronews.ca

@CityofEdmonton
63,000

The city's main Twitter account has over 63,000 followers

media to prevent any damage to the city's reputation.

Mayor Don Iveson said too many rules can really limit the ability of the city to be effective online, so he hopes it's more about common sense.

"If it's more about a culture of making good decisions and using your judgment, that's a good thing," he said.

The city's chief communications officer, Trish Webb, told council they had accepted the auditor's suggestions and said much like with media relations, they try to give employees training, rather than micromanage the process.

"We also believe the city needs to further demonstrate the value of social media and have recommended that they develop additional relational metrics that link social media use to program goals," reads the report.

The auditor also recommended more training on how to use the city's social



The city auditor wants more oversight for the city's Twitter and Facebook profiles and more understanding of the value for residents. SCREENSHOT

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Commuting. Bike station coming to Southgate Centre

Getting more cyclists to the Southgate Centre area is one of the reasons mall officials are looking at getting a bike station installed on the south side.

With an enclosed shelter equipped with video surveillance, the proposed station at the mall near the LRT station would provide ample bike parking for commuters.

"The idea behind it is to encourage people to ride their bikes to the centre and shop or eat or even hop on the LRT," said Julia Dow, property manager of Southgate Centre.

Dow adds the mall has zero tolerance for LRT com-

muters using the mall parking lot when the allotted LRT parking is full, but that the proposed bike structure could partly alleviate the LRT parking woes.

"The objective would be to promote a green environment and have people be very welcomed to ride their bike to the site and hop on the LRT to get to work," she said.

The planning for the bike station is very premature at this point, with the location of the bike station on the mall property unknown.

Dow says they hope to get the bike station installed this year.

STEPHANIE DUBOIS/METRO



This bike station in Chicago is one model for bike stations being developed for Toronto. Southgate Centre officials in Edmonton are also planning to build a bike station later this year. METRO FILE

Crime

Murder suspect turns himself in

The suspect police allege was involved in a fatal SUV shooting last week turned himself into police Monday.

Kalab Abberra Kitil, 22, has been charged with second-degree murder, along with other firearm charges, following a shooting in north Edmonton that left one man dead.

Kitil, who was wanted

on a Canada-wide search, turned himself into police at the EPS downtown division at 2:36 p.m. accompanied by his lawyer.

Sultambek Abdymamat Uulu, 22, was murdered near 113 A Street and 136 Avenue last Monday night.

Uulu was driving in an SUV with three others when the vehicle was peppered with bullets.

This latest case marks the city's 11th homicide for 2014.

METRO



Pourhouse Bier Bistro owner Daniel Huber stands in front of his business on Whyte Avenue, where he hopes to park a food truck for late-night eats on weekends. STEPHANIE DUBOIS/METRO

Late-night food truck seeking green light

Whyte Avenue.

Business owner complains of lack of city support, but city says it's waiting for street-vending application

One Old Strathcona business owner is trying to increase the number of late-night food options on Whyte Avenue but isn't getting the support he hoped for from the city.

For the last two weeks, Pourhouse Bier Bistro owner Daniel Huber has been work-

Quoted

"This is a complete no-brainer that I cannot fathom that they would not be more towards fast-tracking."

Daniel Huber, Pourhouse Bier Bistro owner

ing with area businesses to get a food truck parked in front of his bar as a way to attract more foot traffic.

Several nearby businesses agreed to the food-truck idea, said Huber, but he claims he didn't get the same treatment from the city.

"This is a complete no-brainer that I cannot fathom that they would not be more

towards fast-tracking," said Huber.

Sharon Henry, manager of operations for current service centre planning with the city, said an application for street vending hasn't been filed at this time, but when it's received, all aspects of the late-night food truck will be examined.

"Transportation also has

to do the approval on this (regarding) street and sidewalks. A lot of time with Whyte Avenue, the sidewalks aren't wide enough. It still needs to go through the process," she said.

Henry added a street-vending application generally takes about two to three days to be approved, but the Old Strathcona Business Association and nearby businesses need to be consulted as well.

"It's not that we don't want it to happen; we do. We want to make sure he's got the opportunity. We just have to do the review and we need the application," said Henry.

STEPHANIE DUBOIS/METRO

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Province's safety website now allows ranking of employers



Minister Kyle Fawcett, right, who was just recently sworn in, said he hopes people use the government information to make decisions about where they want to work. THE CANADIAN PRESS

Worst workplaces.

Potential employees can see how businesses stack up

Albertans across the province will be able to better understand where the most dangerous places to work would be, thanks to changes to the province's website of employer records.

The province tweaked the website earlier this spring, allowing people to search not just individual employers, but to search by fatality rates and disabling injuries.

Kyle Fawcett, minister of job, skills, training and labour, said the government wants to put more information in the hands of employees who will want to make their own decisions.

"Information is power in today's world and the more

information that's out there, it just adds a tool to our toolbox," he said.

In addition to being able to search for specific employers, people can now sort employers in the province, or in a specific city, based on their loss-time claims, fatalities or disabling injuries.

Disabling injuries are a measure of injuries that prevent workers from returning to the job they were working in, meaning they have to be re-

trained to do other work.

Gil McGowan, president of the Alberta Federation of Labour, welcomed the new information.

"The government promised to make this information available several years ago, so I guess this is one of those cases of better late than never," he said.

McGowan said the province should use the data to target those employers for more checks and inspections.

RYAN TUMILTY/METRO

Volunteers Wanted for Cholesterol Study

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If you are interested, or would like more information, please contact Janis – Email: pulseRCT@ualberta.ca Tel: 780.492.4182

Rezoning, Building approved amid many concerns

A controversial development got city council approval Monday, as more concerns emerged about how upfront builders are being with homebuyers.

Councillors approved the rezoning in the McConachie neighbourhood, which will pave the way for four-storey apartment buildings in an area backing onto several homes.

Marianne Butler was among the residents begging council not to approve the development, because of what it would mean for traffic in the area and privacy for her yard.

"I won't even be able to have my blinds open during the day," she said.

Many of the residents who spoke to council said their builders had promised them there would be no development behind them.

Coun. Ben Henderson expressed frustration that so many homeowners had been told the area wouldn't be developed, because it had always been clear more development would come.

Henderson said the problem for council is they didn't want to punish the landowner in front of them for the misconception other builders had laid.

"The trouble is that in many ways, the people who most deserve to be punished are not here," he said.

RYAN TUMILTY/METRO

Dangerous workplaces

The below list shows Edmonton employers with the highest disabling injury rates, according to the Alberta government's website.

- Quality One Training and Support: Waste recycling
- Trailco Leasing Ltd.: Scrap and salvage
- Star Mechanical Ltd.: Plumbing, gas fitting
- Weiss Johnson Sheet Metal: Heating systems
- Great Canadian Renovations: General contracting
- Lone Star Lumber: Wood products
- Steelcraft Inc.: Metal fabrication
- Governing Council of the Salvation Army
- Phoenix Fence: metal Fabrication
- Westrich Construction: Industrial construction

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7 men held after female student sexually assaulted

Egypt. Tahrir Square has seen multiple sexual attacks on women amid the large crowds that mass there for protests or celebrations

Egyptian police arrested seven men on Monday, for sexually assaulting a 19-year-old student during celebrations marking the inauguration of the country's new president in Cairo's central Tahrir Square the day before, security officials said.

Video footage posted on social media purportedly shows the student completely naked amid a crowd of men, parts of her body bloodied as policemen struggle to escort her out of Tahrir.

Police were investigating 27 complaints of sexual harassment against women in

Tahrir, where tens of thousands celebrated Abdel-Fattah el-Sissi's inauguration on Sunday late into the night, the officials said.

Sexual harassment has been one of Egypt's enduring social ills.

The seven men were arrested in connection with the attack Sunday evening on a student, who was hospitalized afterward, said officials. They did not elaborate on her condition.

Authorities investigating other reports of sexual assaults were examining a dozen videos from security cameras, or from bystanders filming with mobile phones.

Last week, authorities issued a decree declaring sexual harassment a crime punishable by up to five years in prison. The breakdown in the police force, in the wake of the uprising that toppled Mubarak, left the streets more unsafe for women.

THE ASSOCIATED PRESS



Supporters of Egyptian President Abdel-Fattah el-Sissi celebrate his inauguration in Tahrir Square, Cairo, on Sunday. THOMAS HARTWELL/THE ASSOCIATED PRESS

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Boko Haram. Gunmen kidnap 20 women in northeast Nigeria

Suspected Boko Haram gunmen have reportedly kidnapped 20 women from a nomadic settlement in northeast Nigeria near the town of Chibok, where the Islamic militants abducted more than 300 schoolgirls and young women on April 15.

The group seeks to establish a pure Islamic state ruled by sharia law.

Alhaji Tar, a member of the vigilante groups set up to resist Boko Haram's attacks, said the men arrived at noon Thursday in the Garkin Fulani settlement and forced the women to enter their vehicles at gunpoint. He says they drove away to an unknown location in the remote stretch of Borno state.

Tar said the group also took three young men who tried to stop the kidnapping.

"We tried to go after them when the news got to us about three hours later, but the vehicles we have could not go far, and the report came to us a bit late," he said. In another incident, the defence headquarters said Monday that troops prevented raids by Boko Haram this weekend on villages in Borno and neighbouring Adamawa. Soldiers killed more than 50 militants on Saturday as they were on their way to attack communities. The military has come under criticism from Nigerians who say they're left to fend off attacks on their own.

THE ASSOCIATED PRESS

Airport attack in Karachi

Taliban claims responsibility

Pakistani Taliban

threatened more attacks on Monday, after claiming responsibility for a five-hour assault at Pakistan's busiest airport. Twenty-nine died.

THE ASSOCIATED PRESS

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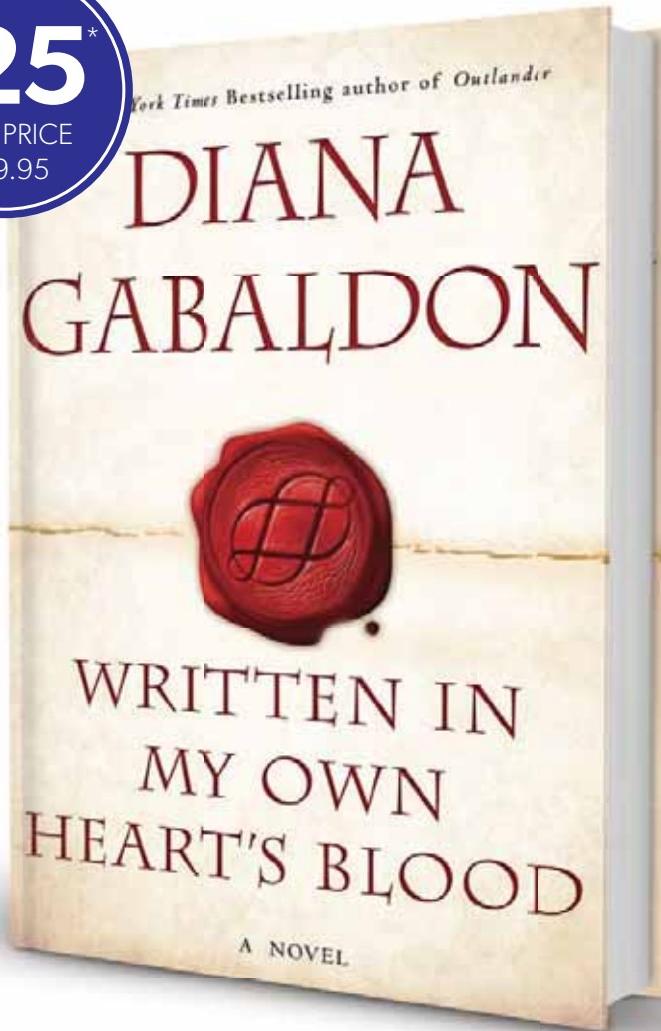
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The caskets of, from left, Const. Dave Joseph Ross, 32, Const. Douglas James Larche, 40, and Const. Fabrice Georges Gevaudan, 45, sit in Wesleyan Celebration Centre in Moncton, N.B., Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Slain Mounties grieved at public visitation

'Such a loss'

Thousands of police officers expected to attend funeral in Moncton Tuesday

People in Moncton came together Monday in a public show of support for the RCMP as they grieved the deaths of three Mounties shot dead in the line of duty last week.

Under a cloudless sky, people gathered at the Moncton Wesleyan Celebration Centre for a public visitation service for constables Fabrice Georges Gevaudan, Douglas James Larche and Dave Joseph Ross.

About 200 people were lined up as the doors swung open to a large auditorium, where three flag-draped coffins lay end-to-end near the front of the room.

Atop each coffin was a Mountie's brown Stetson and on a stage behind the coffins were several wreaths and large bouquets, most of them laden with red and white blooms.

In front of the wreaths

were displays featuring framed photos of each of the victims and their brown leather boots.

"I really think there's a need for us, the people of the city, to support the RCMP," said local resident Elaine Gray, who dabbed her reddened eyes with a tissue as she emerged from the building.

"For me, I just wanted to say thank you again and again to these people. ... (What happened) was so senseless and such a shame and such a loss. I didn't know any of them personally. I know all of them now."

The visitation service was held as the city prepares to welcome thousands of police officers from across Canada for an RCMP regimental funeral service Tuesday.

Mayor George LeBlanc said he expects between 5,000 and 7,000 police officers will attend the funeral at the Moncton Coliseum, which will be preceded by an RCMP parade. The service will be televised.

Justin Bourque, 24, of Moncton is facing three charges of first-degree murder and two counts of attempted

Unrelated charge

Death threat for police

A man was charged in Moncton, N.B., on Monday with uttering a threat to cause death to peace officers, but RCMP issued a statement saying it is not connected to their investigation into the shooting deaths last week of three Mounties.

During a court appearance Monday by Jasper John Stam, the judge reportedly ordered that he have no contact with Justin Bourque, the accused in slayings of the three RCMP officers, at the request of a Crown attorney. The public prosecution service in New Brunswick would not explain why the request was made.

THE CANADIAN PRESS

murder. He made a brief appearance in provincial court Friday and he is scheduled to return to court July 3.

THE CANADIAN PRESS

Canada 'frank' on climate change: Harper

Reducing emissions.

PM says he wants to tackle issue without hurting economy

Prime Minister Stephen Harper says there's not a country in the world that would take action on climate change at the expense of its own economy — no matter what it might say.

Canada wants to deal with climate change without crippling the economy, he said Monday at a news conference with Australian Prime Minister Tony Abbott.

"And, frankly, every single country in the world, this is their position," Harper said.

"No country is going to undertake actions on climate change, no matter what they say ... that is going to deliberately destroy jobs and growth in their country."

"We are just a little more frank about that, but that is the approach that every country is seeking."

Abbott, who is in Ottawa on an official visit, said every country should do what it thinks is best to deal with climate change.

"We think that climate change is a significant problem. It's not the only or even the most important that the



Prime Minister Stephen Harper meets Australian Prime Minister Tony Abbott in Ottawa Monday. ADRIAN WYLD/THE CANADIAN PRESS

world faces, but it is a significant problem," he said.

"It's important that every country should take the action that it thinks is best to reduce emissions, because we should rest lightly on the planet."

THE CANADIAN PRESS

Good deed awry

'Human error' cited in collision

A police investigator says human error was behind the deaths of two people whose motorcycle slammed into the back of a car as the motorist was allegedly helping some ducks.

Emma Czornobaj has pleaded not guilty to two counts of criminal negligence.

A Quebec provincial police officer told Czornobaj's jury trial the motorcycle was going as fast as 121 km/h at the time of impact.

THE CANADIAN PRESS

Prostitution. Canadians favour crackdown on sex trade, PM says

The Conservatives are cracking down on johns and pimps because legalizing their activities would be unacceptable to Canadians, says Prime Minister Stephen Harper.

In defending new government legislation on prostitution, Harper said Monday that activities related to the sex trade are outlawed because they are harmful to women and society in general.

"They are not harmful because they are illegal," Harper said.

"They are illegal because they are harmful."

Legislation introduced this month would, if passed, criminalize the purchase of sexual services, take aim at those who benefit from prostitution and outlaw the sale of sex near places where children gather.

Some critics say the proposed law does not adequately protect women, failing to meet the Supreme Court's primary concern.

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Utah

Cabin burglar pleads guilty

A man accused of burglarizing cabins across a wide swath of Utah has agreed to a package of plea deals to settle charges from seven counties.

Troy James Knapp pleaded guilty Monday in a St. George courtroom to 10 felony counts of burglary. He was sentenced to one to

15 years on each count. His state prison time will run concurrently and with his federal sentence of 10 and a half years, which he received earlier Monday on weapons charges.

Knapp became a sensation in Utah as he raided cabins, stealing guns, whiskey and supplies. The 46-year-old declined to speak in court.

The federal judge told him he should write a book.

THE ASSOCIATED PRESS

Home invasion

Woman's online gambling pays off

People watching a video feed of a woman playing an online game called authorities to report seeing a home invasion taking place in the woman's apartment, police said Monday.

Lt. Michael Pooley said a friend of the victim watching the video Monday morning saw two men with guns

break down the 28-year-old woman's apartment door while she was playing.

Pooley said one man was still in the apartment when officers arrived. The man fled but was taken into custody after a short chase, Pooley said.

Pooley says the other man remains at large.

The 28-year-old woman and her 29-year-old roommate, also a woman, were not injured, Pooley said.

THE ASSOCIATED PRESS

Rescuers try to save man trapped in German cave

Alps. Although rescuers have reached trapped researcher, he is still nearly 6,000 metres from the cave's entrance



A rescuer enters a cave near Berchtesgaden in the German Alps.

THE ASSOCIATED PRESS

Rescuers were working Monday to bring out a man stuck deep inside a cave in the German Alps after he was hurt by falling rocks, an effort that officials said would take days as experts negotiate a tricky labyrinth of vertical shafts and bottlenecks.

A four-member rescue team reached the experienced 52-year-old German cave researcher early Monday inside the Riesending cave system, near Berchtesgaden in Germany's southeastern corner.

The man, whose name wasn't released, had suffered head injuries a day earlier. One of his two uninjured companions made a 12-hour climb back to the cave entrance to alert authorities, while the other stayed with

him.

The injured man is nearly 1,000 metres below the surface "in one of the most difficult caves in Europe," mountain rescue official Klemens Reindl told n-tv television.

Officials said he is around 6,000 metres from the cave entrance. He is believed to be in stable condition.

THE ASSOCIATED PRESS

New Jersey. Authorities say trucker went 24 hours without sleep before crash

The truck driver from Georgia accused of triggering the highway crash that injured Tracy Morgan and killed another comedian hadn't slept for more than 24 hours before the accident, authorities said Monday while the actor was recovering in a New Jersey hospital.

Walmart truck driver Kevin Roper was originally expected to make an initial appearance in state court Monday, but a court official said the Jonesboro, Ga., resident is scheduled in court on Wednesday.

It wasn't clear Monday if Roper had retained an attorney. He remained free after posting a \$50,000 bond.

Authorities said the 35-year-old Roper apparently failed to slow for traffic ahead early Saturday in Cranbury Township

and swerved at the last minute to avoid a crash. Instead, his big rig smashed into the back of Morgan's chauffeured Mercedes limo bus, killing comedian James "Jimmy Mack" McNair, authorities said.

The 45-year-old Morgan, a former Saturday Night Live and 30 Rock cast member, remained in critical condition Monday. Morgan's spokesman, Lewis Kay, said he was "more responsive" Sunday after having surgery for a broken leg.

Kay said Morgan suffered a broken femur, a broken nose and several broken ribs and is expected to remain hospitalized for several weeks.

Walmart president Bill Simon said in a statement that the company "will take full responsibility" if authorities determine its truck caused the accident. **THE ASSOCIATED PRESS**

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THE ASSOCIATED PRESS

Mom of stowaway Somali teen gets threats

Ethiopia. Mother of teen who stowed away on a plane is moved from refugee camp

The mother of an ethnic Somali teenager who stowed away on a plane from California to Hawaii has left a refugee camp in Ethiopia

because of what she says are death threats against her.

Ubah Mohammed Abdule was moved outside of the Sheddor Refugee Camp in far eastern Ethiopia near the border with Somalia for safety reasons, said Abdurasak Abas Omar, a legal officer at the camp.

He said that Abdule showed the camp administrators logs of anonymous

Death threats

"The makeshift home was not a good safe haven. I was exposed to any attack."

Ubah Mohammed Abdule
Mom of a Somali teen who stowed away on a plane from California to Hawaii. THE ASSOCIATED PRESS

calls she said were made by

people threatening her with death. "It's just a 600 metre evacuation because she felt vulnerable in the camp," said Omar. Abdule has not seen her teenage son in eight years. The teen stowed away in the wheel well of a jetliner during a 5.5 hour flight to Hawaii.

Abdule believes her son was trying to get to Somalia to see her. THE ASSOCIATED PRESS



In April, Ubah Mohammed Abdule, 33, right, sits with her son Abdullahi and daughter Neshad in Ethiopia's Sheddor camp. ELIAS ASMARE/THE ASSOCIATED PRESS

Britain. Inspectors find 'culture of fear' in some schools after allegations of extremist infiltration

The British government on Monday announced that schools would be required to teach "British values" after inspectors found school board members with hard-line Muslim views had intimidated teachers and imposed religiously motivated restrictions at several institutions.

Inspectors were called in after an anonymous letter alleged a plot called "Operation Trojan Horse" by Muslim fundamentalists to infiltrate schools in the central English city of Birmingham.

Authorities believe the letter was a hoax, but the alleged plot triggered several inquiries and inflamed tensions in Britain's second-largest city, which has a large Muslim population.

The Office for Standards in Education said Monday it had found a "culture of fear and intimidation" at a minority of the 21 schools it inspected. Five were found to have failed to protect students from extremism.

Chief schools inspector Michael Wilshaw said there was

evidence of an "organized campaign to target certain schools" by some members of their governing bodies.

Inspectors said members of governing boards had promoted a "narrow faith-based ideology" at some schools, whose students are overwhelmingly from Muslim backgrounds.

One school attempted to ban mixed-sex swimming lessons; at another, music lessons were dropped because they were considered un-Islamic; and at a third, board members vetted the script for a nativity play and told staff they could not use a doll to represent the baby Jesus.

"Staff and some head teachers variously described feeling 'intimidated,' 'undermined' or 'bullied' by governors, and sometimes by senior staff, into making changes they did not support," Wilshaw said.

Park View Educational Trust, which runs three of the criticized schools, rejected the inspectors' verdict and said it would launch a legal challenge. THE ASSOCIATED PRESS

'Unconscionable'

Judge quashes form-filling fees for residential school survivors

A Manitoba judge has struck down what he calls "unconscionable" fee arrangements for residential school survivors, and has ordered some to be reimbursed.

Court of Queen's Bench Justice Perry Schulman has ruled it is illegal for victims of abuse at the residential schools to have to pay so-called form-filling companies to perform what are essentially legal services.

The case involved more than 30 lawyers and agencies across Canada that work to help those who were victims of physical, sexual and emotional abuse fill out forms to file for compensation.

Lawyers are allowed to charge up claimants up to 30 per cent of their compensation, but the judge found some were being told they had to pay extra fees to form-filling companies.

Schulman ruled that not all form-filling company activities are illegal, but most of their duties should be done by lawyers at no additional cost.

THE CANADIAN PRESS



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1

Get the oral health-care supplies you want

Not every toothbrush is created equal. "Electric brushes remove two times the plaque compared to regular manual brushes," says Dr. Janet Tamo, who has practiced dentistry for more than 25 years. Visit the oral health-care section of your local grocery store to find models of Oral-B power brushes, the Crest Pro Health line, and other related products.

To ensure these products are right for you, read and follow the labels. Crest® Pro-Health Toothpaste fights cavities, plaque, tartar and gingivitis, and treats tooth sensitivity.



2

Treat your skin

A winter spent indoors can leave you with dry, scaly skin. Olay Regenerist Micro-Sculpting Cream reduces the appearance of lines and boosts hydration and brightness within 10 minutes of use.

3

The facts about daylight saving time

Turning the clock forward each spring can affect sleep patterns and lead to occasional sleeplessness. ZzzQuil contains diphenhydramine HCl, a compound that helps you fall asleep and sleep soundly so you wake refreshed.

To ensure this product is right for you, always read and follow the label.



4



Take care of your digestive tract

A daily dietary supplement such as Align Probiotic Supplement helps bring peace to your digestive system with healthy bacteria that helps provide ongoing relief of IBS symptoms such as abdominal discomfort, gas, and bloating.

To ensure this product is right for you, always read and follow the label.

Rid yourself of germs—easily 5

Crest Pro-Health Multi-Protection Rinse can rid your mouth of millions of germs and it's an effective way to fight gingivitis.

To ensure this product is right for you, always read and follow the label.

6 Stay comfortable

Always Infinity is a girl's best friend when she wants to feel fresh and dry during her period. You owe it to yourself to feel good all the time.

7

Boost your confidence

Whitening your teeth is one way of feeling more self-assured. Swing by the oral health-care section of your local grocery store and pick up Crest 3D White Whitestrips to get more confident about your appearance.



8 Increase your fibre intake

If you're not getting enough fibre from your veggies, try a fibre-rich drink. The fibre in Metamucil helps lower cholesterol levels* to promote heart health. Consider mixing a dose of Metamucil with water for a tasty drink—it'll add psyllium fibre to your diet.

*Lowers mildly to moderately elevated cholesterol levels when taken with a low fat diet.
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9

Get aerobic exercise

According to a study in the *American Journal of Preventive Medicine*, engaging in aerobic activity for two and a half hours every week (walking and cycling count!) can add an average of three years to your life. And remember, using Tampax Pearl Active will help you stick to your workout routine even when you're on your period.

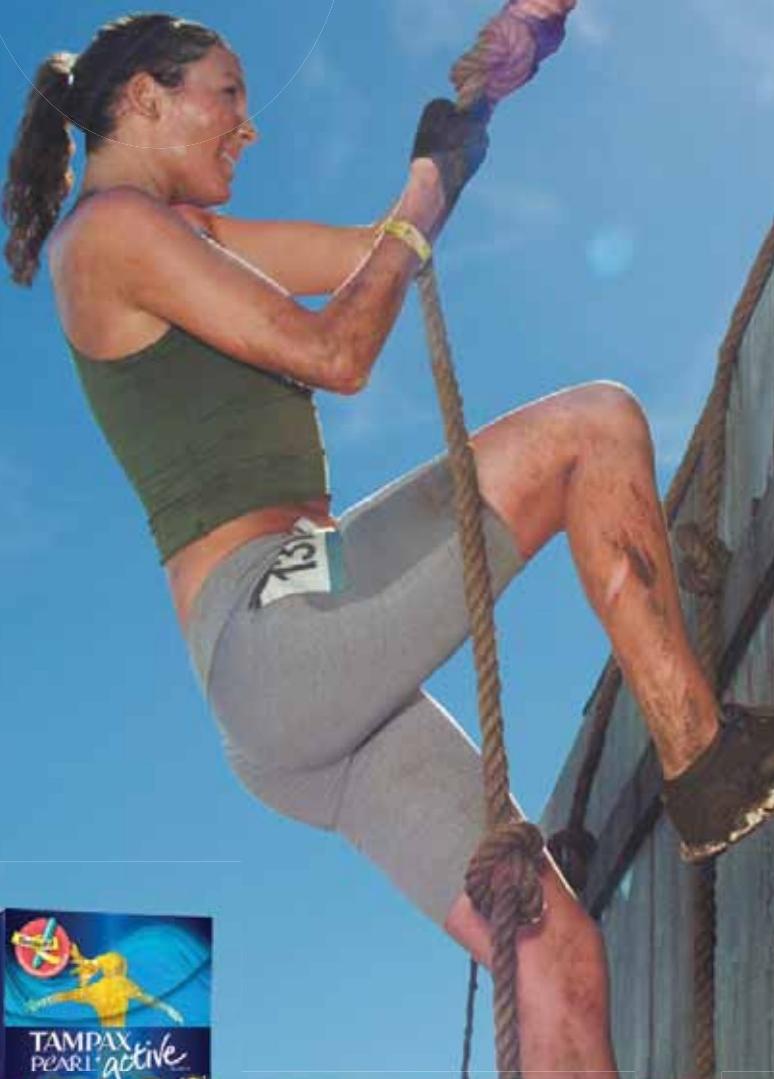
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Walmart shopper who confronted cop killers had concealed weapon

Sin City. Married couple shot police officers at point-blank range, and Walmart shopper who aimed to confront them

A shopper armed with a concealed weapon inside a Las Vegas Walmart confronted an armed man who entered the store with his wife moments after the couple killed two officers in a nearby restaurant, police said Monday.

Assistant Sheriff Kevin McMahill said Monday that 31-year-old Joseph Wilcox of Las Vegas was in the checkout line when he saw Jerad Miller fire a shot and went to confront him.

Miller's wife, Amanda, pulled out a gun and shot Wilcox in the rib area. He collapsed and died.

Police say the Millers ex-

changed gunfire with officers inside the Walmart before Amanda Miller shot her husband and then herself.

Police said the two suspects had ideology that was along the lines of "militia and white supremacists."

Police are also looking into whether the couple had been at Cliven Bundy's Nevada ranch during a standoff with government agents earlier this year.

Bundy, who rejects the authority of the federal government, got into a high-profile showdown with U.S. officials who say he owes more than \$1 million in fees and penalties for grazing his cattle on government land. Hundreds of supporters, some of them armed, went to the ranch to stand by Bundy.

McMahill said the two suspects believed that law enforcement was the "oppressor."

Police believe the shootings were an isolated act and officers

were still looking for a motive, McMahill said.

The two officers were having lunch Sunday at a pizza buffet in a strip mall when the Millers fatally shot them at point-blank range.

The attack at a CiCi's Pizza killed officers Alyn Beck, 41, and Igor Soldo, 31, who were both husbands and fathers. Jerad Miller yelled, "This is a revolution!" McMahill said.

Both suspects fired multiple shots into Beck. They then placed a note, a yellow "Don't tread on me" flag and a swastika on the officers' bodies, McMahill said at a news conference Monday.

Jerad Miller, 31, was convicted of felony vehicle theft in Washington state, police said. He also had a criminal record in Indiana. Indiana also has a marriage licence on file that says Miller and his 22-year-old wife were married in August 2012.

THE ASSOCIATED PRESS



Sheriff Doug Gillespie, left, speaks at a news conference on the shooting of two Las Vegas Metropolitan Police Department officers Sunday in Las Vegas. The two officers killed were Alyn Beck and Igor Soldo. JOHN LOCHER/THE ASSOCIATED PRESS

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ALL EYES ON BRAZIL

Two more days until the 2014 FIFA World Cup starts. Metro has you covered with the latest.

Something new afoot

Shoe companies unveil new products

Nike, Adidas, Puma and other shoemakers are all trotting out new and innovative looks for this summer's World Cup. Shoe deals are part of the game for every star, and even some average players. Cristiano Ronaldo wears Nike. Lionel Messi wears Adidas. Puma and Mizuno have their own athletes. Here are five things to know about the boots on the ground in Brazil:

1

What the heck? Puma is pushing the envelope by putting its athletes in one pink shoe and one blue shoe. Apparently, this will make it easier to tell which foot that player is using to deliver the goals: Pink is right and blue is left. Look for Spain's Cesc Fabregas and Italy's Mario Balotelli in the boots.

2

Shoes or socks? Nike's statement for the World Cup is its new Magista and Mercurial soccer boots that use the company's fly-knit technology, which basically looks like cleats attached to a pair of socks. Cristiano Ronaldo is going to be wearing the Mercurial Superfly, a high-top version with a cool name.

3

Adidas goes retro. Adidas is offering the back-and-white Battle Pack collection of four different cleats. The only pop of colour is the trademark three stripes in neon orange. An exception was made for Messi, who gets the star treatment with his own design and a bit of added Argentina blue on his F50s.

4

Golden boot. The top goal scorer at the World Cup receives the Golden Boot award. But at least one player will already have his golden boots: Mizuno has designed special gold-and-black Wave Ignitus 3s for Keisuke Honda of Japan. It's only fitting for a player whose nickname is "Emperor Keisuke."

5

Shine a light. Ecuador goalkeeper Maximo Bangura will be wearing Lotto Solista boots that have a special skin that reflects light, which the Italian shoemaker claims causes the shoes to "glow" in direct sunshine or under bright lights. We'll let you be the judge. There are a number of YouTube videos demonstrating the effect.



Spain's Andres Iniesta is seen wearing his Nike Magista cleats during an exhibition soccer game. LIU M. ALVAREZ/THE ASSOCIATED PRESS



World Cup fever is hot, so hit the beach to cool down!

People play with a soccer ball on Ipanema beach on Monday in Rio de Janeiro, Brazil. From souvenir hunting to autographs to trying some underwater kicks, revellers in Brazil have been preparing for the World Cup, which starts on Thursday and runs through July 13. Scan the photo with your Metro News app to see a photo gallery of the scene in Brazil. JOE RAEDLE/GETTY IMAGES

Transport chaos. Subway workers' strike threatens travel to World Cup games

Brazilian police and striking subway workers clashed Monday in a central Sao Paulo commuter station, with union officials threatening to maintain the work stoppage through the World Cup opening match here this week.

The threat came despite a Brazilian labour court ruling on Sunday the strike is illegal.

Authorities are deeply worried about the strike because the subway is the main means of transportation for World Cup fans who will attend Thursday's opening match when Brazil takes on Croatia.

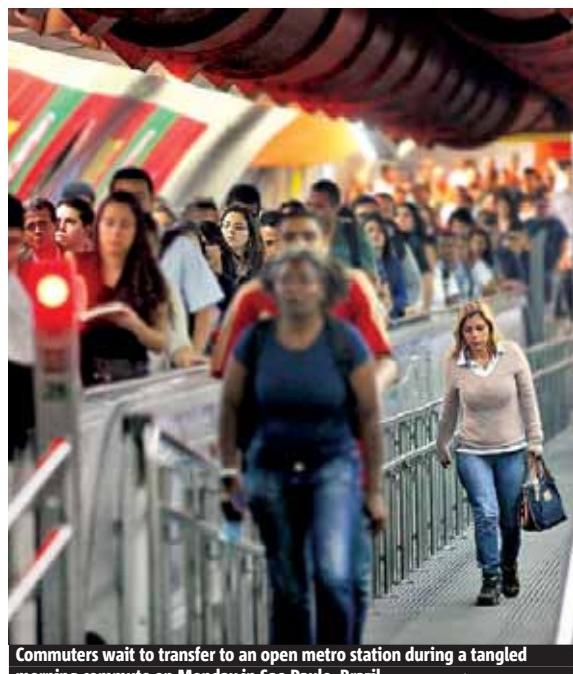
The stadium is about 20 kilometres east of central Sao Paulo, where most tourists stay. Earlier Monday, riot police

firing tear gas forced about 100 striking workers out of the station as the strike threw Sao Paulo's normally congested traffic into chaos for a fifth day. About half of the city's subway stations were operating, but with greatly diminished service.

"This is the way they negotiate, with tear gas and repression," said Alexandre Roland, a union leader.

The standoff with the Sao Paulo transport workers is the latest unrest to hit Brazil in the run-up to the World Cup.

Teachers remain on strike in Rio de Janeiro and routinely rally and block streets. Police in several cities have gone on strike, but are back at work now. THE ASSOCIATED PRESS



Commuters wait to transfer to an open metro station during a tangled morning commute on Monday in Sao Paulo, Brazil. MARIO TAMA/GETTY IMAGES

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You've heard of bitcoins.

Well, now London, Ont., is digging into another form of virtual currency designed to get people walking the walk and pedalling the bike to a healthier lifestyle.

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Adding it up

15

GOODcoins can be accumulated by participating in one or more campaigns in London, Ont., including walking for 15 minutes a day for 15 days or pedalling for 300 minutes in a month.

It's easy to do.

Residents of the southwestern Ontario city can sign up online at london.goodcoins.ca and download the app to any iPhone or Android — they're working on a BlackBerry version but aren't there yet. As long as your phone is with you, every step taken or pedal pushed will be recorded.

"This is a different kind of rewards program," said Jay Stanford, the city's director

of environment, fleet and solid waste. "It's the new kid on the block, and it has a completely different vision."

The program is being offered through Zerofootprint Software, which has a mission to reward positive behaviour and healthy choices. GOODcoins, described as "evidence-based rewards currency," are being used in places from PEI to Vancouver. The company itself is based in New York and Toronto.

Zerofootprint CEO Dr. Ron Dembo said London is "the poster-child city for launching programs like this."

Coins can also be accumulated by reducing energy consumption, completing surveys and inviting friends to join.



From corsets to the Wonderbra

This image released by the Museum at the Fashion Institute of Technology (FIT) in New York shows a 1770s European silk corset. From the corset to a 2014 bra-and-panty set in stretch silk, the Museum at FIT has taken on lingerie and ladies' foundation garments as the focus of a new exhibit. In about 70 pieces, Exposed: A History of Lingerie touches on the mechanics, marketing and cultural touchstones that have not only shaped women, but also shaped culture worldwide. The exhibition runs through Nov. 15.

EILEEN COSTA/THE MUSEUM AT FIT/THE ASSOCIATED PRESS

America. Toxic water ruling could block other homeowners from suing

The U.S. Supreme Court ruled Monday that a group of homeowners in North Carolina can't sue a company that contaminated their drinking water decades ago because a state deadline has lapsed, a decision that could prevent thousands of other property owners in

similar cases from recovering damages after being exposed to toxic waste.

In a 7-2 decision, the justices said state law strictly bars any lawsuit brought more than 10 years after the contamination occurred.

THE ASSOCIATED PRESS

'Lightweighting' is the latest route to better fuel economy

While hybrids and electrics may grab the headlines, the real frontier in fuel economy is the switch to lighter materials.

Automakers have been experimenting for decades with lightweighting, as the practice is known, but the effort is gaining urgency with the adoption of tougher fuel efficiency standards. To meet the U.S. government's goal of nearly doubling average fuel economy to 19 km/L by 2025, cars need to lose some serious pounds.

Lighter doesn't mean less safe. Cars with new materials are acing government crash tests. Around 30 per cent of new vehicles have hoods made of aluminum, which can absorb the same amount of im-



The lightweight Fusion sedan unveiled Tuesday. FORD MOTOR CO./THE ASSOCIATED PRESS

pact as steel. Some car companies are teaming up with airplane makers, who have years of crash simulation data

Consumer debt

Rising appetite for credit in Western Canada: Equifax

Credit monitoring agency Equifax says demand for credit has increased for four consecutive quarters in Western Canada, while demand in the Eastern provinces continues to slow.

Equifax says first-quarter statistics show that consumers' overall debt, including mortgages, remains high at around \$1.4 trillion.

THE CANADIAN PRESS

Market Minute

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RIGHT TO BARE ARMS NOT ABOUT GENDER

As temperatures increase, so do the number of dress-code-related suspensions at schools across the country. About 30 students from Menihek High School in Labrador City, N.L., were sent home recently for wearing sleeveless shirts. One U.S. school even went so far as to digitally alter their yearbook photos — adding necklines and lengthening sleeves — in order to bring female students in line with its conservative dress code.

Angry teens and parents are speaking out against school administrations and their body-shaming clothing guidelines that demand young girls cover up so that their male schoolmates don't get "distracted" from their chemistry lesson. Personally I think we're kidding ourselves if we believe any teenage boy with Internet access would lose his mind over a bare collarbone or a visible bra strap.

Dress codes disproportionately affect female students; apparel designed for teenage girls is more revealing, and thus it's more likely to fall under a school's provisions about exposed midriffs



SHE SAYS
Jessica Napier
metronews.ca

and thighs. But if schools want to enforce mandatory clothing guidelines, they shouldn't do so in the name of oppressing sexuality and regulating male hormones. We need to take sex out of the equation and instead teach young girls AND boys about dressing appropriately.

Quebec student Lindsey Stocker is just one of many teenagers making headlines for violating her school's dress code. The Grade 11 student was suspended last month for wearing a pair of jeans shorts that failed to pass the "fingertip" test. Stocker claims she was forced to stand up in front of her entire class with her arms by her side to determine whether her cut-offs were long enough to extend beyond her fingertips. They weren't.

Not only is this hemline examination embarrassing for students, it's also inherently flawed since it depends entirely on the individual's own body type. And let's face it — most of the shorts currently on sale at mainstream retailers aren't long enough to pass the fingertip test.

Adolescence is a confusing period of self-discovery and pushing boundaries. Pop culture and trendy fashion designers encourage young girls to show off their bodies while their parents and educational institutions are telling them to cover up.

School administrators need to have more tact when dealing with dress code violations rather than shaming offenders in the middle of a classroom full of their peers. Policing female bodies in order to preserve puritanical concerns of modesty is problematic. If schools insist on implementing rules on what not to wear, the rules shouldn't be about regulating sexuality; rather, dress codes should be designed to prepare students for life after graduation.

Young men and women should be encouraged to express their individuality, but they also need to understand the expectations of real-world employers. It's hardly a draconian measure to ask teens to reserve their beachwear for the weekends and cover up in the classroom. Especially when you consider some careers demand strict uniforms while most other jobs require a certain level of professional dress.

Sorry, kids, your future boss isn't going to care about your right to bare arms.

ZOOM

Willy Wonka would be proud



The Edible Mist Machines are available for hire. Inventor Charlie Harry Francis says: "It's interesting to see how clients are using them. We've had bookings for minty palate cleansers, double-flavour hits — strawberries and cream, bacon and chocolate — then clients who want to completely flavour-theme their event with multiple fun fair flavours like cotton candy, toffee apple and popcorn." COURTESY DAN REGAN/REX FEATURES

Charlie and the Edible Mist Machine

A British inventor has created a mist-ifying machine that allows you to inhale tastes including chocolate, apple pie, smoked bacon and even lobster.

The Edible Mist Machine produces delicious edible vapour in a range of more than 200 flavours. It is the brainchild of Charlie Harry Francis, founder of experimental food inventors Lick Me I'm Delicious.

METRO

Glow-in-the-dark, Viagra, and other frozen treats

Francis's other claim to culinary fame has been experimental ice cream, including The Arousal, a dessert laced with Viagra designed to be man's ideal "pick-me-up."

In a recent Metro interview, Francis said: "Viagra is the funniest, but the oddest was the glow-in-the-dark ice cream because it uses jellyfish luminescence." METRO

Quoted



"It's a pretty fun machine; the range of flavours is massive and it's zero calories."

Charlie Harry Francis, 29, founder of experimental food inventors Lick Me I'm Delicious

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 17 in News, pages 20 and 21 in Scene and page 26 in Sports

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MetroTube

Best of the bumper crop

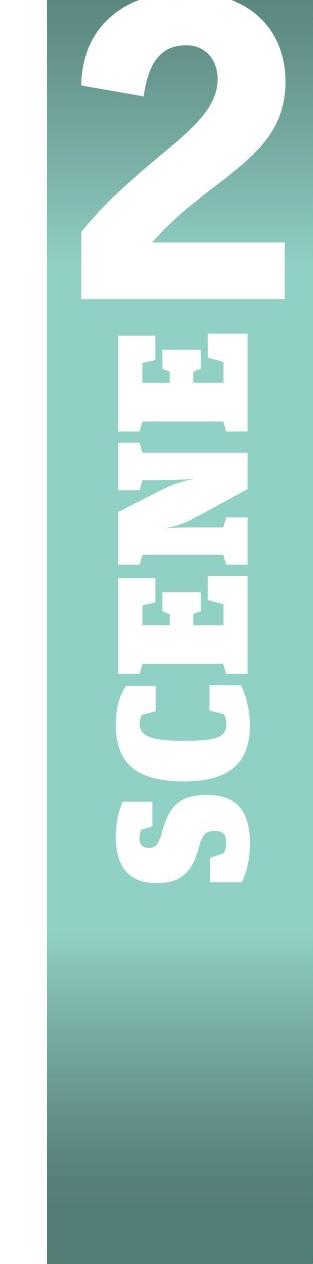
ANDREW FIFIELD
andrew.fifield@metronews.ca

The coast of Newfoundland is, to use the local parlance, "maggoty" with icebergs this year. And this arched behemoth off Cape Spear is probably the most famous of this year's bumper crop.

Not content with the standard boat tourism, this light aircraft pilot decided to treat himself — and us — to a flyby of the famous berg. Then, seemingly non-content with a flyby, he decides to take things up a notch. (Via bendavis555/YouTube)



THE CANADIAN PRESS/FI



Scan this photo with your Metro News app to view The Sacrament trailer

Swanberg comes out from behind the lens

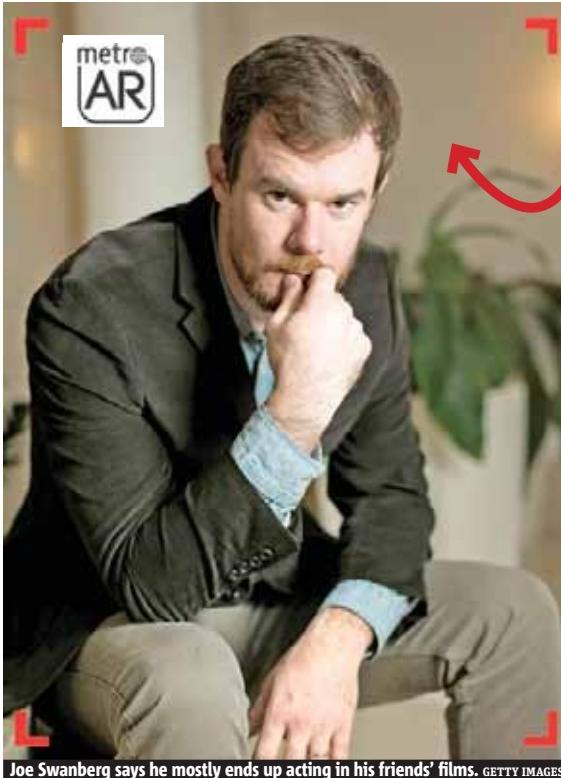
Sort of. The multi-talented actor/director plays a cameraman in Ti West's latest creepy cult thriller, *The Sacrament*

 **NED EHRBAR**
Metro World News in Hollywood

Indie filmmaker Joe Swanberg has a habit of turning up as an actor in friends' films — like *The Sacrament*, Ti West's found-footage thriller about a Vice reporting crew getting in over their heads at a remote Jonestown-like encampment. Of course, Swanberg spends most of the film manning a camera, so it wasn't that much of a stretch.

You're playing a cameraman in this, and it's a "found footage" film. Did you actually do any of the camera work yourself?

I did, yeah. There were just certain situations that required that because the camera was going to have to spin around and just see the whole room. Ti and I basically traded off operating duties. It was an interesting challenge because I was either performing with the camera on my shoulder, or what was



Joe Swanberg says he mostly ends up acting in his friends' films. GETTY IMAGES

even weirder was performing standing behind Ti who had the camera on his shoulder and sort of pretending to be there. It took a little bit to wrap my head around it.

Had you come across any cultish types of things like this before?

Not really, but I was fascinated with Jonestown. When Ti first called me about the

What was Jonestown?

In the late 1970s, cult leader Jim Jones moved several hundred members of his group, the Peoples Temple, from the U.S. to Jonestown, Guyana. When family members raised concerns about their loved ones, members of the U.S. government visited the compound. It was during this visit that Jones spiked drinks with poison, killing himself and hundreds of his followers, including children.

movie, I had already seen a ton of documentaries about Jonestown and read a lot about Peoples Temple, so it was a story that was already really intriguing to me.

How do you balance acting and pursuing your own film-making goals?

I've been pretty busy as a director the last year. But I really like to act, so I hope it's something that I'll be able to keep doing. I don't know, I think of myself as a director. The acting's always been more something that I really love to do but I haven't invested a lot of my energy into it, so it always comes down to just friends calling me and offering me parts in movies.

DVD review



Alan Partridge

Director. Declan Lowney

Stars. Steve Coogan, Colm Meaney, Tim Key, Felicity Montagu



This is Steve Coogan's big-screen version of his doofus DJ character, Alan Partridge, a comedy mainstay for BBC radio and TV. Happily for Coogan and for us, the humour translates perfectly on this side of the pond.

Oblivious to his own buffoonery, Partridge is like a British version of Ron Burgundy from the *Anchorman* movies.

This is smart-dumb comedy, with the main story working an idea that audiences anywhere can get: the fear of change. Norfolk Digital Radio has just been bought out by a conglomerate that is bent on doing a complete makeover, with a new station name and, of course, staff downsizings.

The 50-something Partridge isn't too dense to realize he could soon be among the pink-slipped. He sneakily moves to protect his own rump by engineering the sacking of colleague Pat Farrell (Colm Meaney).

PETER HOWELL

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Scan this image with your Metro News app to view the video for Hangover

Too much sippin' on gin and juice?

Hair of the Snoop

Dogg. Korean YouTube phenom Psy teams up with the lanky rapper for *Hangover* single

Even Psy is over *Gangnam Style*. The ubiquitous 2012 hit is one Psy knows he will probably never top, and that makes creating new music quite a challenge.

"People always comparing my new thing with *Gangnam Style*, which is unbeatable," Psy said in a recent interview at YouTube Space L.A.

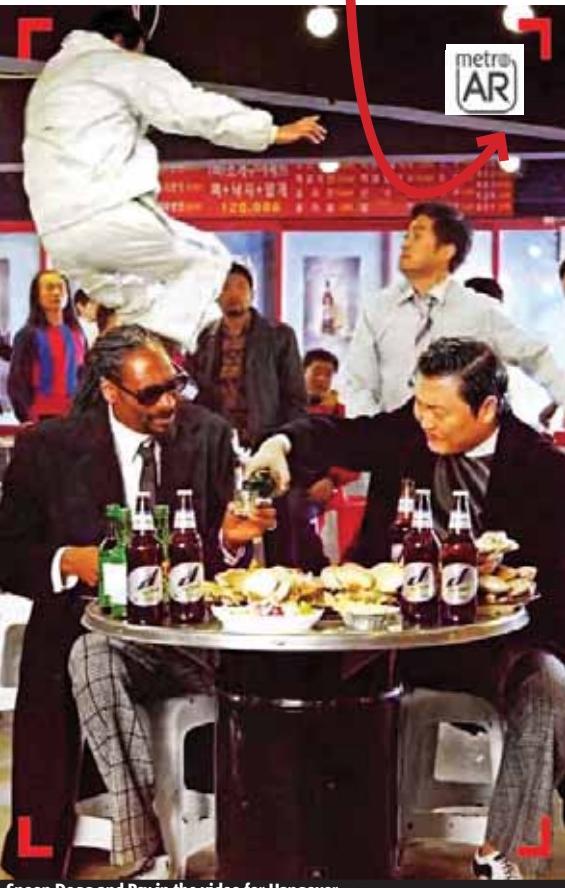
"That means I have a severe, heavy pressure on my shoulder ... In that way I don't like the song."

The bizarre, colourful video featuring the now-iconic horse gallop dance recently surpassed two billion views, a record for YouTube. The South Korean pop star also holds the record for most views in a day with 38 million for his *Gangnam Style* followup, *Gentleman*.

The 36-year-old, who was famous in Korea before *Gangnam*, remains humble about his relatively new international fame. He admitted he is just as thrilled and surprised as his fans when he's recognized on the street.

"If I'm walking out and no one's recognized me and no one is asking me about autograph or photograph, that's a tragedy," he said. "I should quit my job with that. So sometimes it's tired, yes, of course, but that's part of my job."

Psy decided switching genres would be his best bet for another hit with his latest single, so he teamed with Snoop Dogg on the hip-hop track *Hangover*. He said the American rapper signed on immediately after only hearing the song's title.



Snoop Dogg and Psy in the video for *Hangover*. YOUTUBE

The *Hangover* video, which debuted Sunday on ABC's *Jimmy Kimmel Live!* and Psy's YouTube channel, serves as a lesson in Asian hangover remedies. "This video is not about dance moves, but it's about, like, culture exchanging," Psy said.

Psy signed with Justin Bieber's manager, Scooter Braun, after *Gangnam*'s initial success. He said he appreciates Braun's guidance and impressive drinking abilities.

"He is the most strongest tolerance with alcohol among Americans," Psy said.

"Asians drink really hard

and really mixing everything and really drinking hard every day. So literally I was kind of like unbeatable person with the alcohol before I meet Scooter."

Psy will return to his EDM roots on a new EP, due later this year. But this time he plans to include more English lyrics.

"All the people you know, except Korea, they don't have any idea what I'm saying right? They're just waiting for 'Hey, sexy lady,'" he said of an English lyric from *Gangnam Style*. "I figured out like maybe from now on I should communicate more."

But for now he'll continue rapping in his native Korean based on his new manager's advice: "He saying, 'If you are rapping in English, we already have so many rappers who's way better than you. But if you rap in Korean, you're No. 1 in this country,' which is really smart."

Boozin' culture

"Asians drink really hard and really mixing everything and really drinking hard every day. So literally I was kind of like unbeatable person with the alcohol before I meet Scooter."

Psy, Korean recording artist

THE ASSOCIATED PRESS

metro

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Rachel McAdams

Don't worry, Gyllenhaalics, Rachel McAdams didn't steal your boyfriend

Jake Gyllenhaal and Rachel McAdams turned heads in Pittsburgh recently while out to dinner at local eatery Meat and Potatoes, according to E! News. The date immediately prompted tabloid speculation that a new Hollywood romance

is in the works, but apparently everyone's getting ahead of themselves. It turns out McAdams and Gyllenhaal, who are in Pittsburgh to film their new movie, *Southpaw*, are just good friends and colleagues. For now, at least. **METRO WORLD NEWS**

Bryan Singer may get the boot from the next X-Men film over assault scandal

Bryan Singer's legal troubles didn't seem to have any negative impact on the box office for *X-Men: Days of Future Past*, but that doesn't mean he's in the clear just yet as far as professional fallout goes. All the attention surrounding Singer — who is being sued for allegedly sexually assaulting a then-17-year-old boy in 1999 — could still cost him the directing job for the franchise's next film, *X-Men: Age of Apocalypse*, according to Radar Online. "Fox isn't confident in it not heavily impacting production. Bryan's lawyers are going nuts because the deal was closed months ago," a source says, adding that



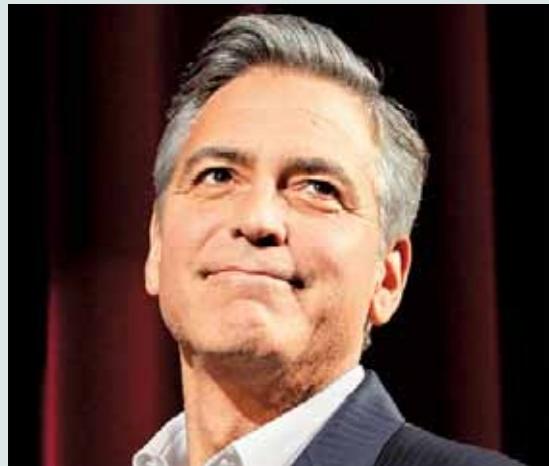
the studio brass "don't really care whether he's innocent or guilty. They're only concerned with the bottom line, which is giving him another \$250 million to \$350 million US to make *Apocalypse*."

METRO WORLD NEWS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



George to wed in Venice, but exact plans still Up in the Air

MELINDA TAUB
Metro World News

If you want to crash the wedding of George Clooney and his fiancée, Amal Al-alamuddin (which of course you do), you might have to hijack a gondola to do it. The two are reportedly planning to wed in Venice.

The lovebirds were recently spotted in Venice touring potential wedding venues big enough to hold all of Ocean's 11. "George and Amal want to be married in Italy, but they need

a location that offers them and their guests privacy," a source told Page Six.

As Clooney fans know, the star is already an Italian resident — he lives on Lake Como. However, he and Amal apparently decided his estate wasn't secure enough to withstand the media circus that will follow the wedding of the world's second most eligible bachelor (Prince Harry's probably No. 1 at this point).

Italy is becoming quite the hot spot for celebrity weddings — Kim Kardashian and Kanye West tied the knot in Forte di Belvedere in Florence last month, and as we all know, as Kim Kardashian goes, so goes George Clooney. He's really got to stop copying her so much.



Usher ALL PHOTOS GETTY IMAGES

Bieber was a 'naive child,' but he's no racist: Usher

Usher insists that Justin Bieber is not a racist, despite the multiple videos that have surfaced of a teenage Bieber making racist remarks and jokes. "At my core, I am a person that supports growth and understands without judgment that growth often comes as a result of pain and (continuous) effort," Usher wrote in a lengthy comment beside an Instagram pic of himself and protégé Bieber. "As I have watched Justin Bieber navigate difficult waters as a

young man, I can tell you that he hasn't always chosen the path of his greatest potential, but he is unequivocally not a racist. What he was five years ago was a naive child who did not understand the negative power and degradation that comes from playing with racial slurs. What he is now is a young man faced with an opportunity to become his best self, an example to the million of kids that follow him to not make the same mistakes."

METRO WORLD NEWS

Alleged burglar caught at Sandra Bullock's place while she was home



Police say they arrested a burglar at the Los Angeles home of Sandra Bullock while the actress was there, but she wasn't harmed.

Los Angeles police spokeswoman Nuria Vanegas says officers responded to the call of a prowler around 6:30 a.m. Sunday and arrested 39-year-old Joshua Corbett on suspicion of residential burglary.

Bullock's publicist Cheryl Maisel acknowledged the burglary to People magazine and said Bullock is "unharmed

and fine."

It wasn't clear whether Corbett has hired an attorney.
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Putting her mettle to the pedals

Worthy cause. Danielle Berman uses her bike to ride away stigma about mental illness

AUSTEN GILLILAND
life@metronews.ca

Danielle Berman is about to set off on the ride of a lifetime.

As the organizer of Ride Away Stigma, Berman's bicycle journey will take her from Vancouver to Hamilton — almost 4,300 kilometres — in seven weeks. In that time, she will raise both money and awareness for mental health and suicide prevention, and help break down the stigma that surrounds mental illness.

She's been preparing for a year, organizing sponsorships and donations, speaking to students about mental health — all while bicycling 85 to 140 kilometres a day, six days a week. "It's basically a full-time job," says Berman, 27, who recently completed her master's degree in social work and is pursuing a career in psychotherapy.

Ride Away Stigma was inspired by her own struggles with depression and by her dad, Dr. Les Berman, a Hamilton-area respirologist who died by suicide in 1999.

Berman was a well-respected doctor and an enthusiastic cyclist. He passed his love of the sport along

Get involved

For more information about the ride, or to donate, visit rideawaystigma.com.



Danielle Berman poses with her father's old bike. She will be starting and ending the ride on the bike. DAVE HEIDEBRECHT

to his daughter. "He loved travelling and adventures," says Berman, who will ride her father's refurbished Cannondale bike as she sets off from Vancouver on July 15. "I thought the ride would be the perfect way to honour him."

Although he was never formally diagnosed with depression, Berman thinks his death was caused in part by the way that depression is stigmatized by society — and that it's likely her father felt he couldn't seek treatment without negative social and professional consequences. "It's important that we break down the stigma," she says, "so when people are struggling, they feel comfortable seeking help. That's why I wanted to focus on the stigma. I believe



Danielle as a child with her father, Dr. Les Berman, a well-respected doctor and enthusiastic cyclist, who committed suicide. CONTRIBUTED

Quoted

"We need to do this together to make a difference. It's all of us together."

Danielle Berman, organizer of Ride Away Stigma

that's a huge part of why my dad didn't seek help."

Berman has planned her trip with the goal of maximizing exposure for her cause. "Because I will be on the road for so long," she says, "I'll be able to build momentum and reach as many people as I can." She has invited cyclists across the country to join her as she rides through their city this summer.

By the time she arrives in Hamilton on Sept. 7, Berman hopes to have raised \$60,000. Two-thirds of the proceeds will benefit the Suicide Prevention Community Council of Hamilton and St. Joseph's Healthcare Hamilton, organizations the Ancaster, Ont. woman chose because of the local connection.

"I also thought it was important to do something that can positively affect all of Canada," she says, so the final third of the funds will go to the Canadian Association for Suicide Prevention, chosen to reflect the cross-country nature of her trip — and because mental health is something that concerns all Canadians.

"At the end of the day, this ride isn't about me," she says, emphasizing that defeating the stigma that surrounds mental health issues will take more than just one woman on a bicycle. "We need to do this together to make a difference. It's all of us together."

What Brazil can teach Canada about food

'Recipe for health.'
The country tackles growing waistlines with a new proposed food guide that goes beyond nutrients



Soccer fans flocking to Brazil

for the 2014 FIFA World Cup (June 12 to July 13) may find very roomy seats, depending on the stadium they are in. Partly because of the country's obesity problem, at least one per cent of the seats in Brazil's newly built World Cup venues will be extra-wide — about double the size of regular seats.

According to a 2013 report by research firm GlobalData, by 2022 an estimated 64 million people in Brazil, whose economy has grown rapidly in recent years, will be overweight. And 26 million — more than one eighth of the

population — will be obese.

Here's the good news, and it's something Canadian policy-makers may want to consider: Brazil's ministry of health has proposed a new food guide that focuses not on nutrients, but on meals and foods. It's "a recipe for health," says Dr. Yoni Freedhoff, medical director of the Bariatric Medical Institute in Ottawa, and author of *The Diet Fix*. He adds that many of the world's dietary guidelines, including Canada's, "are stuck in a nutrient-focused approach where the goal is to ensure people meet their nutrient

quotient. But people don't shop for nutrients; they shop for foods." He also notes that a nutrient focus confuses consumers into thinking a highly processed food that has been enriched with a nutrient is a healthful choice.

Jean-Claude Moubarac, a post-doctoral research fellow at both the University of São Paulo in Brazil and the University of Montreal, worked on the guide, which is undergoing public consultation. "It was important to have a guide that was updated and addressed the most recent view of nutri-

tion." That view also includes a focus on the role of food processing and the context of eating. "The way you eat is as important as what you eat," says Moubarac. "We tend to be busy and stressed, and see eating as something we need to do quickly."

Instead, meals should be prepared and enjoyed with others. **FOR MORE ARTICLES, RECIPES, AND PRODUCTS FOR LIVING WELL, PICK UP THE LATEST COPY OF BEST HEALTH MAGAZINE ON NEWSSTANDS. YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.**

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Smallest fish are the most delish—and the healthiest



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The higher up the fishy food chain you go, the more impact you have on our oceans' fish stocks.

- One large tuna or swordfish had to eat thousands of smaller fishes over its lifetime, and even more were used as bait to catch it.

- To boot, the longer that large fish has lived, the more mercury, PCB, lead and other pollutants it has accumulated.

- You then get to carry those pollutants around in your body, to your detriment.

- All this means is that the healthiest fish for us (and for the planet) are the smaller fish.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

- Some of these small fish include delicious species like herring and sardines. Both weigh in with as much, if not more, omega-3 as salmon and are cheap and plentiful.

- The bonus of eating these fish is that it helps to create a more sustainable fishing industry and healthier oceans. Aren't you the chicest dinner party/brunch thrower?

- Cooking these couldn't be simpler or quicker. They really are a three-minute miracle.



This recipe makes four servings. **THERESA ALBERT**

Barbecued Small Fish.

Quick and easy to prepare, tiny fish with capers and lemon bake up delicate and sweet

This recipe uses smelts, herring or sardines. You may need to go to a fish market to find them, but it's worth the effort as their sweet, delicate meat cooks in mere minutes.

Purchase cleaned fish. Eating them is easy: Slide your fork over one side to pull off the flesh and expose the skeleton, which can be lifted away whole.

Preparation time: 4 minutes

Directions

1. Place fish into a glass casserole dish or lasagna pan.

2. Slice lemons very thinly and lay on top of fish.

Ingredients

- 1 to 1 1/2 lb small fish
- 1 lemon, sliced
- 2 tbsp capers
- 1/4 cup fresh dill (or 1 tbsp dried)
- 4-6 dashes hot sauce

3. Sprinkle capers and dill over fish and splash with hot

sauce.

4. Bake in 425F oven or on barbecue for 6-8 minutes.

5. Season at the table with sea salt and pepper.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Smoky grilled zucchini puts spin on chèvre



Grilled zucchini rolls. **NEWS CANADA**

Grilled Zucchini Rolls. Perfect for the barbecue, grilled zucchini slices are filled with goat cheese, flavourful sun-dried tomatoes, and thyme

Directions

1. Preheat barbecue on medium.

2. Brush both sides of sliced

zucchini with olive oil and sprinkle with salt. Place on the barbecue and grill for 4 minutes per side.

3. When cooked, set on a wire rack to cool.

4. In a small bowl, combine the chèvre, pepper, salt, sun-dried tomatoes, oil and thyme.

5. Using a small spatula, spread the cheese mixture thinly over one side of the zucchini. Lightly roll the zucchini, and place seam side

Ingredients

- 3 medium zucchinis, sliced 1/4 inch thick, lengthwise
- 1 tbsp olive oil
- 4 oz chèvre (soft goat cheese), at room temperature
- Pinch freshly ground black pepper
- Pinch kosher salt
- 2 tbsp sun-dried tomatoes, oil-packed, minced
- 1 tsp oil, from the sun-dried tomatoes
- 1 tsp fresh thyme, minced
- 2 tbsp Parmesan cheese, freshly grated

down on a small parchment-lined baking sheet. Sprinkle with Parmesan cheese. Place baking sheet on top rack of barbecue for 15 minutes.

6. Remove to a platter and serve.

NEWS CANADA/BROILKINGBBQ.COM

A GOOD NIGHT'S REST MEANS GOOD HEALTH

Metabolism, mood and mental alertness all affected by sleep

Canadians spend one-third of their lives sleeping, according to Statistics Canada. When we don't get enough shut-eye, our productivity and behaviour are negatively impacted. This affects our work, family and personal life, plus our physical and mental health.

Although sleep needs differ from one person to another, the experts believe that adults need between seven and nine hours of deep nightly slumber in order to feel refreshed. Good sleep habits contribute to important health benefits such as weight control. Why? Constant sleepiness can make us pack on the pounds because it slows our metabolism.

Adequate rest also helps us concentrate, enhances our ability to solve problems and make decisions, and improves our mood. If you get enough regular sleep, you may even live longer. Studies have found that people who routinely sleep for fewer than six hours a

IMMUNE SYSTEMS

Constantly being sleep deprived makes us feel worn down, which is a sign that our body is vulnerable to infection and other illnesses and not at its strongest to fight them. Studies have linked sleep deprivation to a higher risk of developing not only colds and flu but also heart disease, diabetes and obesity.

night have a higher risk of dying sooner than those of a similar age who snooze for seven or eight hours.

If you want to sharpen your memory, you have to sleep more. There is strong evidence that the long-term storage of memories occurs during sleep. According to Webmd.com, researchers believe that without adequate sleep, our brain has a harder time absorbing and recalling new information.

The 2010 Sleep in America poll found that from 20 to 30 per cent of men and women felt their sexual relationships had been affected by their fatigue. What better reason to hit the sheets a bit earlier than usual? —Jane Doucet



Find out if you have sleep apnea

More than one in four Canadian adults are at risk of having obstructive sleep apnea, but despite this high prevalence, OSA commonly remains undiagnosed.

"OSA is a medical condition in which the muscles of the throat relax excessively during sleep, causing narrowing or closure of the upper airway," said Tania Lamers, RN and clinic manager with Provincial Sleep Group. "This causes repetitive stoppage of breathing, which reduces oxygen levels in the body, and causes awakening from sleep."

Usually associated with snoring and excessive daytime fatigue, other symptoms include gasping or choking during sleep, morning headaches, large neck circumference, frequent urination at night, and medical history of hypertension, diabetes,

or obesity. Untreated OSA can lead to cardiac problems, stroke, and increased risk for motor vehicle accidents.

If you think you have OSA, your physician will prescribe a sleep test. With Provincial Sleep Group, sleep tests are done in the comfort of your own home, and are interpreted by an independent respirologist.

Established in Edmonton in 2009, Provincial Sleep Group is locally owned and operated by respiratory therapists and registered nurses, with additional locations in Regina, Saskatoon, Prince Albert, Moose Jaw, Red Deer, Nanaimo, and Victoria.

"We strive to provide efficient, quality care, ensuring successful treatment and improved quality of life for our patients," said Lamers.

- Do you snore?
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- Do you have High Blood Pressure or Diabetes?
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4 SPORTS



The Rangers' Benoit Pouliot collides with Kings goalie Jonathan Quick during Game 3 of the Stanley Cup final on Monday night in New York. PAUL BERESWILL/GETTY IMAGES

Kings making Quick work of Rangers

Stanley Cup final. L.A. takes stranglehold of series with 3-0 lead

This Stanley Cup final is beginning to look like a Quick series.

Thanks to 32 saves from goaltender Jonathan Quick, the Los Angeles Kings beat the New York Rangers 3-0 in Game 3 Monday night to take a commanding 3-0 series lead and move within one victory of hoisting the cup.



"He was our cornerstone," Kings winger Marian Gaborik said of Quick. "Our penalty kill was great and he was our best penalty-killer."

Quick was masterful in his

poise and in his reflexes to record his second shutout of these playoffs and the ninth of his NHL career in the post-season. The native of nearby Milford, Conn., who grew up a Rangers fan, managed to do it in his first game at Madison Square Garden, which made it even more memorable.

"He's always our backbone," Kings defenceman Drew Doughty said.

To supplement Quick, the Kings got goals from Jeff Carter, Jake Muzzin and Mike Richards and were in control

all night despite being outshot 32-15.

New York goaltender Henrik Lundqvist stopped 12 shots, but he couldn't do anything about his counterpart following the lead of his childhood idol, Mike Richter, who helped the Rangers win the Stanley Cup 20 years ago.

After the Rangers' Game 3 loss, they got one step closer to extending their current drought beyond 20 years. And the Kings moved to the verge of their second title in three seasons. THE ASSOCIATED PRESS

Clippers sale

Sterling pulls out of deal, lawsuit back on: Attorney

Los Angeles Clippers owner Donald Sterling has pulled his support from a deal to sell the team to former Microsoft CEO Steve Ballmer and will pursue his \$1-billion federal lawsuit against the NBA, his attorney said Monday.

"We have been instructed to prosecute the lawsuit," said attorney Maxwell Blecher. He said co-owner Donald Sterling would not be signing off on the deal to sell.

Donald Sterling agreed to ink the deal and drop the suit last week assuming "all their differences had been resolved," his attorneys said. But he decided to not sign the papers after learning the NBA won't revoke its lifetime ban and fine.

THE ASSOCIATED PRESS

Tennis

Bouchard climbs world rankings

Canada's Eugenie Bouchard has moved up four spots in the WTA tennis rankings following her semifinal appearance at the French Open. The player from Westmount, Que., is ranked a career-high 12th, up from No. 16.

Russia's Maria Sharapova moved up three spots to No. 5 after winning the women's title in Paris on the weekend.

On the men's side, Milos Raonic of Thornhill, Ont., remained in the ninth spot.

THE ASSOCIATED PRESS



Dwyane Wade of the Miami Heat drives to the basket against Manu Ginobili of the San Antonio Spurs during Game 2 of the NBA Finals on Sunday. Scan the image with your Metro News app to see how some of the Finals' top performers have fared in Games 1 and 2. ANDY LYONS/GETTY IMAGES

Heat see themselves in Spurs

Record-breaking squad

11

Miami has won a franchise-record 11 straight post-season games at home.

"You never put them away," Wade said. "I think they always believe and it's the same with us. You can't, you won't, put us away because we're always going to believe. That's why this is a perfect, different animal, kind of series. They're the other team like us. They don't lose much and when they do they come back and are better

in the next game."

That would explain why on Monday, instead of a day off, the Heat gathered to watch video of Game 2.

By winning in San Antonio to even the finals at 1-1, home-court advantage now belongs to the Heat. But no one in their locker-room thinks it's going to get easy now.

"They played a great game," Spurs guard Tony Parker said after Miami's 98-96 win in Game 2, the 13th straight time the Heat immediately followed a post-season loss with a victory. "Now it's our turn to go over there and get one."

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Horoscopes

Aries

March 21 - April 20

Your confidence is high but today's lunar eclipse of Saturn warns it may be only skin deep. Some kind of setback could easily send you into a tailspin, so strive to keep a sense of perspective.

Taurus

April 21 - May 21

The planets warn you will have to fight hard to get your way today. Alternatively, of course, you could decide the effort isn't worth it and not fight at all. Let fate take its course.

Gemini

May 22 - June 21

The more work you were hoping to do today the more the cosmos will conspire to hold you back. Now that you know that, you can stop flogging yourself half to death and take a breather.

Cancer

June 22 - July 23

Keep your distance from people who seem so negative about life. It's all good at the moment, for you at least, so be optimistic and believe, with all your heart, that great things are coming your way.

Leo

July 24 - Aug. 23

It would be nice if everyone was as enthusiastic about life as you are but it isn't going to happen. All you can do is smile and be a wonderful example.

Virgo

Aug. 24 - Sept. 23

You may feel you are to blame for other people's problems but there is no logical reason why that should be so. The more they try to hold you responsible, the more likely it is to be their fault!

Libra

Sept. 24 - Oct. 23

A positive attitude is essential because if you let even one negative thought creep into your mind it's likely to get stuck there. Life is getting better — believe it, it's true.

Scorpio

Oct. 24 - Nov. 22

There is no point worrying about things over which you have no control. Let go of your fears and doubts and start thinking of life as a great and exciting adventure.

Sagittarius

Nov. 23 - Dec. 21

Something will occur over the next 48 hours that reminds you just how much there still is to learn. You may yearn for perfection but it's never going to happen, so learn to be happy with who you are.

Capricorn

Dec. 22 - Jan. 20

You may find it hard to feel sorry for someone who has clearly brought difficulties on themselves but if they approach you for help today you won't turn them away.

Aquarius

Jan. 21 - Feb. 19

You may be tempted to get involved in an issue that is not your concern but if you are smart you will give it a miss. It will work itself out without your input.

Pisces

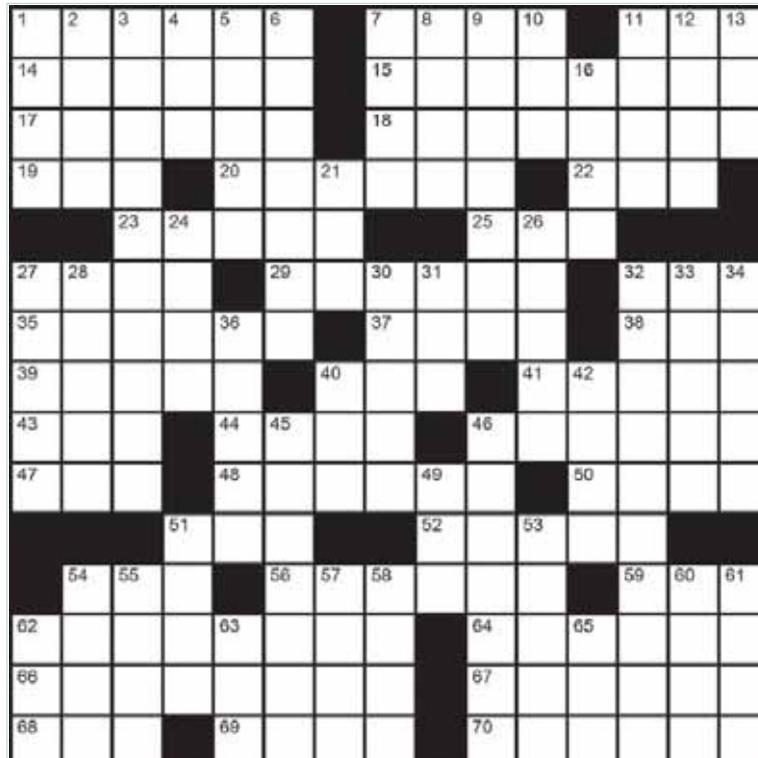
Feb. 20 - March 20

You may want to come and go as you please but Saturn, planet of limitation, won't let you. There is something you need to do before you make your getaway. What might it be? Give it some thought — then act. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. 'Tenth Muse', to Plato
7. Prefix to 'cross' (Off-road sport for bikers)
11. School org.
14. Wobbly
15. For example... Evangeline: A Tale of Acadie: 2 wds.
17. Tiger, for one: 2 wds.
18. Hogwarts School of Witchcraft and __
19. Film studio, DreamWorks __
20. ABBA's " __-Vous"
22. Belief system
23. Rolling Stones live album: 'Get Yer __-Out!'
25. Gird
27. Cummerbund
29. Watchman
32. CFL game div.
35. Most kind
37. Ms. Turturro of "The Sopranos"
38. OPEC member country
39. Bakery attraction
40. Caesar's 610
41. Rocker Mr. Redding's
43. Preacher, e.g.
44. Provo's place
46. Element
47. Earlier, olde-style
48. Useful accounting info: 2 wds.
50. Massachusetts' motto starter
51. Blokes
52. Reels
54. Car company
56. "Beauty and the Beast" (1991) character
59. Up to __
62. 'Ghosts' is this band's brand new album: 2 wds.
64. Conceptualize

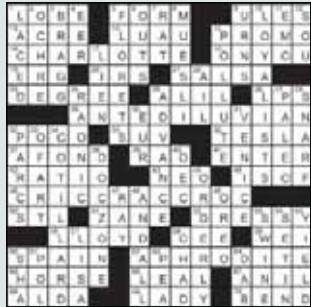


Down

1. Stand-ins
2. Name for Canada's series of satellites
3. East Coast: Picturesque postcard place: 2 wds.
4. Piping stuff, commonly
5. Leaden
6. Where to put jam in the morning: 2 wds.
7. Weak whine
8. Mayberry kid of '60s TV
9. Christine __ (Host of CBC's "Best Recipes Ever")

10. Wood sorrel
11. Pea 'packages'
12. Condition
13. Ms. Adams
16. Refined
21. Employ
24. "Cough..."
26. Mr. Gosling's
27. Drum kit part
28. Broadcaster
30. Night: German
31. Concert items, commonly
32. Government of Ontario hub in Toronto: 2 wds.
33. Powders
34. Remainder: French
36. Lightly fry
40. Jadzia __, "Star Trek: Deep Space Nine" role
42. Welcoming
45. Hybrid citrus fruit
46. Put a person in a position
49. 'Violin' suffix
51. Bryn __ (Pennsylvania college)
53. Mumbai's country
54. The Greg __ Band
55. Elvis' __ __ Stung"
57. Tennis serving whiz
58. Dog breed, __ Terrier
60. Stick __ in the water
61. Mr. Foxx
62. "Let It Ride" gr.
63. Hosp. professionals
65. Dorothy's Auntie's namesakes

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	1	2	7	6	5	3	8	4
6	3	5	8	1	4	2	7	9
7	4	6	2	3	9	1	5	6
1	8	4	3	7	2	6	9	5
5	2	7	4	9	6	8	1	3
3	6	9	5	8	1	7	4	2
8	9	3	6	4	7	5	2	1
2	7	1	9	5	3	4	6	8
4	5	6	1	2	8	9	3	7

4	2	7	3
7	6	4	
8	9		
	3		5
9	1	7	2
6	5		
	2	5	
2	1	8	
8	4	2	7

Weather

TODAY

MAX: 14°
MIN: 9°

WEDNESDAY

MAX: 17°
MIN: 9°

THURSDAY

MAX: 22°
MIN: 5°



MICHELE McDougall
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**

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